photo by Joe Vaughan

THE CHILDREN OF LIBERTY BAPTIST CHURCH NURSERY SCHOOL decorated their room with witches, black cats, pumpkins, ghosts and goblins made by each of them, then dressed in their favorite costume for a Halloween nartv.

Pictured on front row from left to right - Alison Lawson, Jason Conner, David Ranson, Hollie Smith, Jason Carter, Crist Burke, Bruce Jones; and back row, from left - April Tramell, Amy Slade, Ginger Bryant, Martha Nolen, Marya Elder; and not available for photo were Kimberly Kiffer, Katie Powell, and Brod Williams.

FFA HOMECOMING FLOAT

Pictured above is the Appomattox FFA Chapter's homecoming float. This float placed 3rd and received a check for $10. The theme of the homecoming parade was "Liberty's Last Minute."

ATTENDED THE EAST CENTRAL DISTRICT 4-H LEADERS MEETING

Eight Appomattox County 4-H leaders were able to attend this meeting which was held here in Appomattox for the second consecutive year. The theme for this year's program was "4-H in Century III." Giving input and directions for 4-H thrusts in the coming century was one important objective of this meeting. Our 4-H leaders, along with 80 other leaders from the 18 counties and two cities which make up the East Central 4-H District voiced their ideas and opinions on the areas of interest which will be most important to our Virginia 4-H program in Century III. These ideas and opinions will be passed on to the Virginia State 4-H Leader Association which will be held November 11-12 at Va. Tech. Phillip Jacobs, an Appomattox 4-H'er, and Mrs. Margaret Glover were nominated to attend this state meeting.

Appomattox 4-H leaders attended the East Central District 4-H Leaders Meeting pictured above from left to right are: Charles Womack, Ann Stitt, C. B. Goldman, Cynthia Thomas, Margaret Glover, and not pictured Pam White and Mr. and Mrs. Ernest Humbles.

Food Shopper

By Susan K. Simpson
Va. Dept. of Agriculture And Commerce

Hams may come and hams may go, but one ham that is here to stay is the Virginia country ham. It's the one on which traditions have been built and carried forth. It's the one sought after by country ham lovers from all over the world. And, now is the time for shoppers to once again consider Virginia ham for holiday eating and gift-giving. To the term, Virginia Country Ham, we must now add Virginia Country-style Ham. There is a little

Ham buying is as easy as reading labels and talking with the meat manager at your local retailers. Country or country-style hams are hams that have been produced by using a dry cure, may or may not be smoked, then aged. This aging is the difference between the country and country-style ham. Commonly referred to as long cure or short cure hams, the long cure ham generally has a long shank and has been cured for at least six months and usually a year in a natural environment. The short cure ham is a short shank ham and has been aged approximately three months. For the short cure ham, again up to nine months improves the flavor.

Salt is the primary ingredient in curing country or country-style hams. In some sections of the State, sugar cured country hams are a favorite. For this method of curing some of the salt has been replaced with sugar to give the distinctive flavor.

Interested in a Smithfield ham for this holiday season? Good to the last crumb, the genuine Smithfield ham is cured by the long-cure, dry salt method and aged for a minimum period of six months. Virginia law states that a ham labeled as Smithfield Ham can be produced only in the town limits of Smithfield, Virginia.

Because Virignia country or country-style hams are dry, salt cured, they must be soaked before cooking. The length time of soaking is important and should be influenced by the individual's taste for salt. Longer soaking results in milder salt flavored hams.

To prepare country or country-style hams, scrub the ham throughly in warm water, using a stiff brush. Short cure hams can be soaked in cold water 4 to 8 hours or if a milder flavor is desired, soak for 12 hours or longer. The long cure Virginia's country or country-style ham may be soaked in cold water for 10 to 12 hours, but change the water after 10 hours.

Virginia country or country-style hams can be baked or simmered. Many recipe books have directions for the easy preparation. After the ham is cooked, though, remember to slice it very thinly to bring out that delicate flavor. For storage, after serving the ham the first time, cover with foil or place in a plastic bag to prevent dehydration and keep in the refrigerator. Flavor is best if ham is served at room temperature.

From the past, and into the future, Virginia country and country-style hams will be long sought. So, have a delicious taste of Virginia's past and future, today.

Eating Well

November is Diabetes Month, and at this time it is important to remember that almost anyone can develop diabetes, but the disease tends to be most common among these four "high-risk" groups?

1. Those over 40 years of age.
2. Persons who are overweight.
3. Blood relatives of known diabetics.
4. Women who have given birth to babies weighing more than nine pounds.

Diabetes is a sneaky condition which gives only limited indication of its presence. At present it is estimated that 5% of our population in the United States or ten million people have diabetes; the sad part of this is that only half of these people are aware of their condition. We also know that the prevalence of diabetes is increasing; between 1965 and 1973 there was a 50% increase in the incidence of diabetes.

Some of the outstanding symptoms of diabetes are extreme weight loss, excessive thirst, frequent urination, blurring vision, drowsiness, sudden fatigue and listlessness. These symptoms in themselves do not mean that you are diabetic. But if you experience one or more of them, and especially if you are in one or more of the four high-risk categories, then it is important that you see your doctor, and be tested.

Since uncontrolled diabetes is often accompanied by hypertension, and because diabetes is also one of the leading risk factors for potential heart victims, uncontrolled diabetes may create additional health hazards for the individual.

Diabetes is also the leading cause of blindness in the United States. It is estimated that diabetics are 25 times more prone to blindness than non-diabetics. According to the Harvard School of Public Health, there are now more than 150,000 Americans who have been blinded by diabetic retinopathy, a condition which produces hemorrhages of the blood vessels of the inner eye. The Harvard unit estimates that there will be almost 600,000 persons with diabetic retinopathy by the end of the century, a number greater than today's total for blindness from all other causes.

Diabetes is the leading cause of kidney failure in children. Estimates are that 50% of the children with diabetes die with kidney disease within 25 years. Persons who have diabetes, and who let it remain out of control, are prime candidates for kidney disease, gall-bladder disorders, skin problems, and amputaiton of toes and other limb extremities affected by gangrene. The disease is also costly in terms of dollars spent. The cost of diabetes to the American Economy is $5.3 billion per year.

The outlook for unknown, undetected and uncontrolled diabetics can be bad, but the other side of the coin is that diabetics who have their condition under control can lead full, normal lives. Certainly, there is no reason why diabetes should be a limited factor on achieving high goals in life, or accomplishing success in any profession. Diabetics of past and present include Mayor Fiorello Laguardia of New York City, inventor Thomas Edison, comedian Stan Laurel of silent movie fame (who, incidentally, outlived his non-diabetic partner, Oliver Hardy, by many decades), Dan Rowan and Mary Tyler Moore of television fame.

The word cadet comes from a French term meaning "little head."

Calvin Coolidge, 29th President of the U.S., averaged 10 hours sleep a night.

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- Use this ENTIRE PAGE as your entry blank. No other means of entering will be accepted. Be sure to put your name and address in the space provided at the bottom of the page.

Mail page to: FOOTBALL, ©THE TIMES-VIRGINIAN, P.O. Box 665, Appomattox, Va.

- All entries must be received by 12 NOON ON FRIDAY OF EACH WEEK.
- Only one entry per person per week.
- Judges decision will be final.
- Employees of the Times-Virginian and their families are not eligible to enter the contest.

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